



Walk More in Four 2010

Walking And Biking To And From School Can Be Safe And Fun!

You can win a bike, scooter, helmet or other donated prizes just by walking or biking to school safely three days a week in September. Do it for four weeks in a row and you will be eligible for the drawing.

Here are the rules:

- Walk or bike to school at least three days a week for the next four weeks, starting Tuesday, Sept. 7 and ending Thursday, Sept. 30.
- Students unable to walk to school due to proximity can still participate by walking or biking in their neighborhoods practicing safe habits.
- Mark your progress each week on this chart and have your parent/guardian sign it when complete.
- Mail this chart to the following address by Oct. 5 to be entered in the prize drawing.
Snap/Walk More in Four, 375 W 200 S, Suite 275, Salt Lake City, UT, 84101
- On Oct. 6, National Walk to School Day, SNAP will draw the winners and award the prizes.



Record Your Progress Here!

Mark each day you walk to school:

WEEK 1		Tues. Sept. 7	Wed. Sept. 8	Thurs. Sept. 9	Fri. Sept. 10
WEEK 2	Mon. Sept. 13	Tues. Sept. 14	Wed. Sept. 15	Thurs. Sept. 16	Fri. Sept. 17
WEEK 3	Mon. Sept. 20	Tues. Sept. 21	Wed. Sept. 22	Thurs. Sept. 23	Fri. Sept. 24
WEEK 4	Mon. Sept. 27	Tues. Sept. 28	Wed. Sept. 29	Thurs. Sept. 30	

How often did you walk/bike to school each week last year?

☐ Never ☐ 1-2 days/wk ☐ 3-4 days/wk ☐ Everyday

Student Name (please print) _____

School Name _____

Grade _____

Contact Phone Number _____

Parent/Guardian Signature _____

